

# HALIFAX metro®



## If Snowden's a traitor, he's proud of it

The man behind the NSA data leak strikes back at his detractors online **PAGE 9**

## Banner day coming for Mooseheads

QMJHL and Memorial Cup champs to open new season at home on Sept. 12. **PAGE 29**

## Did employer pay \$3/hour?

A Dartmouth man faces 56 counts of immigration fraud for allegedly underpaying and threatening his foreign workers **PAGE 3**

## A FINE PLACE TO START FOR A LONG, LONG JOURNEY

LEAVING FROM HALIFAX, THIS WOMAN WILL ROW ACROSS THE NORTH ATLANTIC FOR THE NEXT THREE MONTHS UNTIL SHE REACHES THE SHORES OF FRANCE **PAGE 6**

# 'I made some mistakes': Zinck

## MLA pleads guilty.

Prosecutor says he will likely seek jail time over fraud and breach of trust

An Independent MLA from Dartmouth North pleaded guilty Monday to fraud and breach of trust, but said outside court he would like to keep his job as a lawmaker.

Trevor Zinck entered the pleas on the fifth day of his trial at Nova Scotia Supreme Court in Halifax, becoming the last of four politicians to plead guilty to offences stemming from the province's spending scandal that erupted two years ago.

Prosecutors said a charge of theft over \$5,000 was stayed.

Zinck said outside court he admits he made errors with his expenses but wants to remain a member of the legislature for Dartmouth North.

"I would like to continue on," he said. "There's no question I made some mistakes, but it doesn't take away from all the good I was able to do."

Zinck said he doesn't be-

lieve he has to quit, but he is nonetheless holding talks with the Speaker's Office and realizes the legislature could expel him.

"Other politicians have made mistakes. They were afforded opportunity to pay back and to move on. Unfortunately, I was thrown into a forensic audit," he said outside court.

### Let me stay

**"Other politicians ... were afforded opportunity to pay back and to move on."**

Trevor Zinck, on why he should be allowed to keep his job as MLA for Dartmouth North

Last week, Zinck confirmed in court he was given more than \$10,000 from the Speaker's Office to cover constituency expenses in 2008 and 2009, even though he didn't pay those owed money, except for a partial amount to one group.

Crown attorneys said outside court on Monday the total has dropped to about \$9,000 because the Crown is now accepting Zinck's expla-

ations in two instances.

About half the money was supposed to go to the Boys and Girls Club of Dartmouth. Other duplicate cheques — used as receipts in Zinck's expense claims — were made out to the Dartmouth District 9 Citizens Association, Lake City Woodworkers and a Dartmouth dad looking for a hockey sponsorship for his son.

Outside court, Zinck said he will wait until a sentencing hearing on Aug. 7 to provide more complete explanations for what happened to the funds.

Crown prosecutor Andrew Macdonald said outside court that he is likely to seek jail time for Zinck because he involved non-profit and charitable groups in his fraud.

"This is a matter where he misappropriated funds that were earmarked for ... very worthy charitable organizations and individuals," he said.

Defence lawyer Lyle Howe said he will argue against a jail sentence for Zinck, saying his conduct wasn't serious enough to warrant incarceration.

THE CANADIAN PRESS



Dartmouth North MLA Trevor Zinck addresses reporters outside Nova Scotia Supreme Court after pleading guilty. ANDREW VAUGHAN/THE CANADIAN PRESS



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**Suspect sought**

## Scotiabank in Fall River held up

Police are on the hunt for a man after a Scotiabank in Fall River was robbed on Monday afternoon.

RCMP spokesman Sgt. Al LeBlanc said the armed robbery happened at 4:20 p.m. when a man entered the bank located at 3084 Hwy. 2, walked up to the teller and demanded money.

He was given an unknown amount of cash before fleeing the scene.

LeBlanc couldn't confirm that the man threatened that he had a bomb during the robbery.

PHILIP CROUCHER/METRO

**No injuries in shooting**

## Teen charged in attempted murder appears in court

A teenager facing two dozen charges after a weekend shooting in Timberlea made his first court appearance Monday.

Daniel Simon Day, 18, faces charges including three counts each of attempted murder and assault with a weapon in connection with Saturday's incident.

He is due back in court Tuesday for a bail hearing.

Police say officers were called to Forest Glen Drive after reports of a shooting outside a residence.

No one was injured in the shooting, and police say two firearms were seized.

THE CANADIAN PRESS

**Vehicle impounded**

## Driver charged with stunting

A Halifax man has been charged with stunting after being clocked driving 67 kilometres per hour over the speed limit.

The RCMP said the 28-year-old was stopped Saturday afternoon while driving along Highway 4 in Wentworth.

Police said the vehicle was travelling 147 km/h in an 80 km/h zone. The driver has been charged with stunting under the Motor Vehicle Act and has been suspended from driving for one week. His vehicle was also impounded.

A conviction for stunting brings a fine of \$2,412.41.

TRURO DAILY NEWS



A Canada Border Services Agency officer leaves a residence during an investigation in Dartmouth on April 10. ANDREW VAUGHAN/THE CANADIAN PRESS

# Business owner charged with 56 counts of immigration fraud

## Dartmouth.

It's alleged some workers were making just over \$3 per hour



RUTH  
DAVENPORT

ruth.davenport@metronews.ca

The owner of a Dartmouth business that was raided in early April, putting the status of several foreign workers in doubt, is facing dozens of counts of immigration fraud.

The Canadian Border Services Agency announced Monday that Hector Mantolino, owner of Mantolino Property Services Ltd., has been charged with 56 counts under the Immigration and

Refugee Protection Act.

The CBSA alleges Mantolino was making false statements to government agencies about the wages he paid foreign workers, as well as telling the workers to lie about the wages "if they wanted to stay in Canada."

"It's not that common for us to see this type of victimization of the workers," said Albert Price, CBSA director of Enforcement and Intelligence.

It's alleged some of the 28 workers, employed as janitors, were making as little as \$3.13 an hour because of illegal clawbacks or outright withholding of wages.

"(It resulted) in them not really making a living wage on 40 hours a week and then having to work significantly

## Further allegations

Hector Mantolino is also accused of developing false businesses and submitting false documents to various government agencies and of advising foreign workers he hired to "provide misleading and untruthful statements on their work permits."

more than that just to try to make a living," said Price.

Price said the investigation began with a tipoff in the early spring that led to search warrants being executed at the company's office. Mantolino was arrested on April 10.

The investigation raised the prospect that the workers, most of whom were Fili-

pino, would have to leave the country, but Price said there's been no enforcement against or removal of the workers.

The director of operations at an immigrant support organization in Halifax said about 2,500 temporary foreign workers enter the province every year, and many of them don't have access to information about their rights — making them vulnerable to similar abuse.

"Labour standards are provincially regulated by the government, so they may not trust the government," said Gerry Mills of Immigration Settlement and Support Services.

"There will be some who need the money to send back home, and it doesn't really matter what the situation is."

## Fall River man dies after truck leaves road, strikes tree

A Fall River man is dead after a fatal crash on a Nova Scotia highway.

The single-vehicle accident happened at 10:40 a.m. Monday morning on Highway 101, on a clear stretch of road near Exit 22 in Bridgetown. Police say a pickup truck left the road and struck a tree.

"He just crossed over the oncoming lane, went down into the ditch and then into the trees," said Sgt. Rocky Calhoun of the Annapolis RCMP.

The victim, a 65-year-old man from Fall River, died at the scene.

Police aren't releasing the

man's name until next of kin has been notified.

He said road conditions were clear at the time of the accident.

PHILIP CROUCHER/METRO



For more local news visit metronews.ca

## Cause being investigated

RCMP Sgt. Rocky Calhoun said it's possible the victim suffered a medical condition while driving, but he said they can't confirm that until an autopsy is completed.

## Sophie Smith. Body found in Ontario, no foul play suspected: Police

Police are still waiting for the results of a post mortem conducted on a body found Saturday near Algonquin Park in Ontario.

But Ontario Provincial Police Const. Paul Potter left little doubt Monday that the body is that of an 18-year-old from London, Ont. — a Dalhousie University student who went missing Friday.

Sophie Smith was last seen canoeing on Kawagama Lake. “We conducted a search for a missing woman Friday. On Saturday, we located the body in the same area. We are no longer looking for Sophie Smith. We have ruled out foul play, and our team of investigators have left the scene,”



Potter told Metro.

Police aren't expected to release additional details in the case, Potter said. **METRO**

## Ingonish. Meat Cove men charged after assaults send two to hospital

Ingonish RCMP have arrested two men in connection with two assaults that hospitalized three people on the weekend.

A 24-year-old Ingonish resident was hit over the head with a blunt object as he was walking on the Cabot Trail around 2:30 a.m. Sunday, police said. He was treated in hospital and released.

Around 3:45 a.m. the same

day, three young men were attacked with objects at a resort in Ingonish, police added. Two of the victims were treated in hospital and released. Public tips led police to two 21-year-old men from the Meat Cove area. They were arrested Sunday and appeared in court on Monday facing several charges of assault with a weapon. **METRO**

## Ready for a Good time? Canadian rocker Matthew Good coming to Halifax

A longtime Canadian rocker is coming to Halifax, and it's sure to be a good show.

Matthew Good will perform at the Rebecca Cohn Auditorium on Oct. 18 in support of his fall album's upcoming release, *Arrows of Desire*.

Good, who began hitting the charts in the 1990s with the Matthew Good Band, has launched an East Coast tour including stops in Moncton, N.B. and Fredericton.

Special guest for the Canadian leg of Good's North American tour is Gentlemen Husbands.

Tickets go on sale June 21 at noon, and are \$36.50 in advance or \$41.50 the day of the show.

They're available at the Dalhousie Arts Centre box



office, by phone at 494-3820 or online at [sonicconcerts.com](http://sonicconcerts.com).

Doors open at 7:30 p.m. **METRO**



## Marching in time

Members of the 2nd Battalion of the Royal Canadian Regiment from Gagetown file down the stairs near the Town Clock after a photo shoot on Monday. The regiment is in town to participate in the upcoming Royal Nova Scotia International Tattoo. **JEFF HARPER/METRO**

# Protest over 'cruel' health-care cuts

**National Day of Action.** In Halifax and across Canada, protestors spoke out about 'inhumane' refugee medical cuts



**HALEY RYAN**  
[halley.ryan@metronews.ca](mailto:halley.ryan@metronews.ca)

About 70 people gathered in Grand Parade on Monday afternoon to protest “cruel and inhumane” federal cuts to refugee health care, said one advocate.

The Canadian Doctors for Refugee Care organized the second National Day of Action on Monday to call attention to cuts made to the Interim Fed-

### Quoted

**“Nothing tears me up more than these cuts.”**

Kyle Warkentin, a third-year nursing student at Dalhousie University, during Monday's protest.

eral Health Program.

“The cuts are cruel, they're inhumane, they're discriminatory, they target some of the most vulnerable members in our communities,” said Gillian Zubizarreta, acting manager of the Halifax Refugee Clinic, who organized the event.

Zubizarreta said last June the federal government cut funding for services like vision, dental, prenatal and medications under a program which has run since 1957.

She said there was a small victory last year when government-assisted refugees had their coverage returned, but

now there is a “complicated tiered system” for what refugees of different statuses receive.

“If you're a Mexican woman ... you'd have no health care unless you have a condition that's going to affect the rest of the population,” Zubizarreta said.

Although the Canadian government has said these cuts will save \$100 million over five years, Zubizarreta said most people will end up in emergency rooms, which is more expensive.

“The costs are being down-loaded to the provinces, and

then to community-based groups or doctors who might eat the cost,” Zubizarreta said.

Issac Ochwo, originally from Uganda, spoke during the rally Monday about how difficult it has been for him to get the medication and psychological care he needs, especially without a work permit and no income.

He said the hospital and doctors wanted to help, but “their help fell short because of the law.”

“At times, you feel you're alone on this planet,” Ochwo said. “I want to feel at home.”

Zubizarreta said she hopes the government will listen to the growing number of nurses, doctors and citizens calling attention to the issue.

“We'll be here again next year if the changes aren't made,” she said.

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# She's got the ocean in her pocket

## The sea's the limit.

Montreal woman sets her oars toward Brittany in solo journey



HALEY RYAN

haley.ryan@metronews.ca

Mylène Paquette is headed to Lorient, on the northwest coast of France, but it's going to take her three months to get there.

The Montreal native will soon embark from Halifax on a 5,000-kilometre rowing trip, solo, across the North Atlantic.

If she makes it to France, Paquette will be the first North American to have completed the 100-day odyssey.

"I'm not going for a record, so I'm going to take my time, I'm going to be safe and I'm not going to push myself to the limit," Paquette said on Monday afternoon beside her large yellow ocean rowboat at the Royal Nova Scotia Yacht Squadron.

Paquette is relatively new to ocean rowing, having started in 2008 after learning about the sport and working as a personal-care attendant with a young girl at CHU Sainte-Justine who suffered from leukemia.

"She said, 'I didn't know what it was to pursue something, to want something very hard.' So after this moment I decided to go further and to jump into my dream," Paquette said.

Although Paquette said her father wouldn't talk to



Mylène Paquette shows her ocean rowboat to members of the media on Monday at the Royal Nova Scotia Yacht Squadron. JEFF HARPER/METRO

her "for weeks" when she explained her new passion, he came around after she completed shorter trips to the Magdalen Islands and one from Morocco to Barbados.

She said Halifax was the best place to start her journey because it's close to the Gulf Stream and it was important for her to begin in Canada.

Now she's waiting for a northwesterly wind to push her into the stream, which is the most dangerous leg of the journey because of strong eddies and currents.

She will be eating a lot of dried nuts, fruit and dehydrated food she will cook herself. She will sleep in one-hour shifts about six times a day when everything is calm.

Jacques Simard helped her create a safety plan and is a member of the ground team — including doctors, boat technicians and a rowing coach — who can reach her by satellite phone if she runs into trouble.

### Online

- You can chart Mylène Paquette's journey on her website, [mylenepaquette.com](http://mylenepaquette.com). She will post updates on social media, take photos, make voice recordings and blog about her experiences.

If Paquette doesn't run into rogue storms and follows her plan, Simard said "of course" she'll make it.

"We're happy for her; we're nervous for her," he said.



The boat Mylène Paquette will be rowing across the North Atlantic.

JEFF HARPER/METRO

### Nothing to prove except to herself

"I'm not going to row 15 hours a day just to be the fastest one."

Mylène Paquette

# Integrity officer investigating ECBC hirings

Hirings made by Enterprise Cape Breton Corp. CEO John Lynn are under investigation by the federal integrity officer, and Lynn has taken leave from his duties with the Crown corporation.

In a letter dated June 10 responding to concerns raised by MP Gerry Byrne, commissioner Mario Dion said he has determined "that an investigation into this matter is warranted, as I have reason-

able grounds to believe that a wrongdoing was committed."

Lynn's involvement in the Ben Eoin Marina project will also be part of the probe.

ECBC spokesman D.A. Landry confirmed Monday that Lynn had taken a "personal leave" but said he remains with the federal Crown corporation. He said he couldn't confirm the nature of Lynn's leave due to privacy considerations. His contract is set to ex-

pire in 2015.

Marlene Usher, executive director of general advocacy with ECBC, will serve as acting CEO.

Byrne had questioned several hirings of people with strong ties to the Conservative party during Lynn's tenure. In particular, in his Dec. 13 letter, Byrne named Ken Langley, Rob MacLean and Alan Mur-

phy.

Langley, ECBC's director of legal services, was a defeated Nova Scotia provincial Conservative candidate, Byrne noted. MacLean, ECBC's director of corporate legacy, is a former executive assistant to former Progressive Conservative provincial cabinet minister Cecil Clarke. Murphy, ECBC's director of government relations and advocacy, is a defeated federal Conservative candidate and was a longtime member of Peter MacKay's

staff. They all continue to work for ECBC, although Langley is on medical leave.

Byrne said the three positions were never posted. Byrne also questioned the hiring of Lynn himself in 2008. He said Lynn was a longtime associate of MacKay's with no previous public-service record and longtime public servants were passed over for the position.

He said Lynn was hired de-

### No playing favourites

- In his letter, MP Gerry Byrne said as a Crown corporation, ECBC's hirings "must be merit-based and protective of a tradition of non-partisanship."

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## Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Cal-

### Anxiety

**"This has been really hard on my health. I don't know what we're going to do."**

New mother Lenora Belanger

gary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY



Lenora Belanger and her newborn, Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO

### Royal in recovery

## Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

### Of planes and pens

## F-35 maker inks deal with flight-sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

# 'Trust me' mayor nabbed for bribery

**Montreal.** Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIOWZ/THE CANADIAN PRESS

### Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- The Atlantic magazine ran a story on its website titled: "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Mon-

day and, no, it was not the one you expect."

- There was a similar response on the Gawker website: "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

## U.S. does not spy on Canadians: Ambassador



U.S. ambassador David Jacobson  
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy com-

missioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS

# Snowden hits back at U.S. critics

**Intelligence.** In web chat, NSA leaker remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government "immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he

## Quoted

**"Being called a traitor by Dick Cheney is the highest honour you can give an American."**

Edward Snowden



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

would not return to the U.S. voluntarily.

Congressional leaders have

called Snowden a traitor for revealing once-secret surveillance programs two weeks

ago in The Guardian and the Washington Post. The National Security Agency programs

collect records of millions of Americans' telephone calls and Internet use as a counterterror

tool. The disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

"It would be foolish to volunteer yourself to" possible arrest and criminal charges "if you can do more good outside of prison than in it," Snowden said.

He dismissed being called a traitor by former U.S. vice-president Dick Cheney, who made the allegations in an interview this week on Fox News Sunday. Cheney was echoing the comments of both Democrats and Republican leadership in Congress.

Snowden was working as a contractor for NSA at the time he had access to the then-secret programs. He defended his actions, saying he did not reveal any U.S. operations against what he called legitimate military targets, but instead showed that the NSA is hacking civilian infrastructure like universities and private businesses.

THE ASSOCIATED PRESS

## Syria

### Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Bashar Assad's comments were his first since a decision by U.S. President Barack Obama to authorize weapons and ammunition shipments to Syrian rebels.

THE ASSOCIATED PRESS

## Alleged harassment

### Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that the Rwandan government is the not-so-secret backer of the M23 rebel group in Congo.

THE ASSOCIATED PRESS

## G8. Obama, Putin agree to pursue Syrian peace talks despite differences

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both

leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies.

THE ASSOCIATED PRESS



U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

## Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in

real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

## No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ operations, which it says involved hacking into the South African Foreign Ministry's computer network, targeting the Turkish delegation at the 2009 G20 summit and monitoring the satellite communications of Russian leader Dmitry Medvedev.

THE ASSOCIATED PRESS

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**If you are interested and would like more information please contact the Research Assistant at 902-473-7349.**



Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

# Apple discloses U.S. data-request figures

**Privacy.** Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

## Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

## Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid \$12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zepelin.

Info-Tech, which is head-

quartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS



London's Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters.

TORSTAR NEWS SERVICE FILE

## Television. Netflix will run original Dreamworks series

Netflix announced a deal on Monday to air television programming from Dreamworks Animation in what the company described as its biggest transaction ever for original first-run content. The agreement includes more than 300 hours of new TV episodes in a multi-year deal.

The new Dreamworks shows will be inspired by characters from its hit franchises like Shrek and Kung Fu Panda and upcoming feature films as well as the Clas-



Netflix has been adding original programming to its roster. NETFLIX/SCREENGRAB

sic Media library that Dreamworks bought last year.

THE ASSOCIATED PRESS

## Music

### Jay-Z gives away album to 1M Galaxy users

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

THE ASSOCIATED PRESS



Jay-Z  
GETTY IMAGES

## Foreign ownership

### U.S. telcos likely not keen on Canuck wireless market

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
98.26¢ (-0.08¢)

**TSX**  
12,288.90 (+101.53)

**OIL**  
\$97.77 US (-8¢)

**GOLD**  
\$1,383.10 US (-\$4.50)

**Natural gas:** \$3.89 US (+16¢)  
**Dow Jones:** 15,179.85 (+109.67)

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# SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

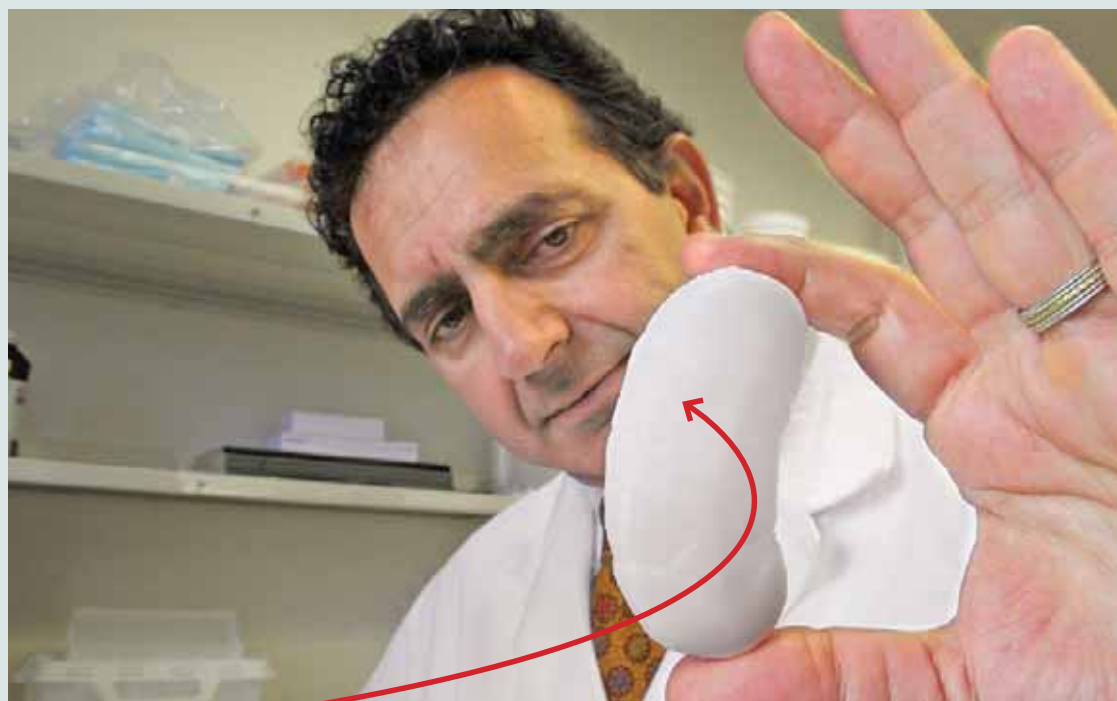
The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

#### Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

**METRO**

#### Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

#### Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. **METRO**

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlepp around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.



#### @coryrichards:

Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West. **coryrichards.com**

#### @zakshelhamer:

Warning: Following this adventurer/

photographer might make you want to quit your day job and hit the beach, trail or mountains. **photosbyzak.com**

#### @chrisconnolly:

This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at **15by8.com**.

#### Comments

**RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17**

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion.

**Dennis posted to metronews.ca**

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

# The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO  
scene@metronews.ca

## COLLABORATORS

**Entourage 2007** — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



**Daft Punk 2007/2013** — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.



**Bon Iver 2010/2013** — Two tracks from My Beautiful Dark Twisted Fantasy — Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.



**The Cleveland Show 2010** — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.



**Alexis Phifer 2002 to 2008** — Kanye proposed to the designer in 2006, but they never married.



**Amber Rose 2008 to 2010** — It put the model into the limelight. She's now engaged to Wiz Khalifa.



**Kim Kardashian 2012 to present** — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

## LOVERS

## CONTROVERSIES



**Kanye vs. AIDS 2005** — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."



**Kanye on South Park 2009** — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."



**Obama vs. Kanye 2009 / 2012** — After his MTV antics, the president called Kanye a "jack-ass" twice. "I don't give a f—k what the president's got to say," Kanye rapped.



**Donda West Plastic Surgery Law 2009** — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure.



**Fatburger 2008** — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



**Nike Air Yeezy 2009, 2012** — The rapper was the first non-athlete to work with the brand, and has released two editions to date.



## LIFESTYLE

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Scott Snyder wrote Superman Unchained. GETTY IMAGE

# Snyder takes the shackles off with Superman Unchained

**Comics.** To mark Man of Steel's diamond anniversary, writer honoured to be part of 'tide of excitement' placing superhero back in the spotlight

**SHAUN BRADY**  
Metro World News in New York City

What do you get for the superhero who has everything? Award-winning short story writer Scott Snyder decided to celebrate Superman's diamond anniversary by writing "the kind of story I would tell if I got just one chance to tell a Superman story."

The result is Superman Unchained, a new series which pits the Man of Steel against a new adversary while reprising many of the characters and places that have been integral



to the red-caped icon since his 1938 debut in Action Comics No. 1.

"I wanted it to feel both classic and fresh at the same time," Snyder says. "So you'll see all the things that you love about the Superman mythology, but there will be elements that really shake it up."

Snyder, who has met acclaim with his work on Batman comics in recent years, calls writing for Superman "intimi-

## Vision

"I wanted it to feel both classic and fresh at the same time. So you'll see all the things that you love about the Superman mythology, but there will be elements that really shake that up."

Scott Snyder, creator of Superman Unchained.

dating." The first issue, featuring art by DC co-publisher Jim Lee, hit stands last Wednesday, the same day as Snyder's latest Batman effort, and coincides with a number of other 75th birthday celebrations — not least of which is the release of the new movie, Man of Steel.

In addition, a new video game and a new online game are being released this year, as well as a new animated movie.

"It's hugely exciting and a very big honour to be part of

## Staying Power

**Writer's viewpoint.** Snyder says that he feels Superman has managed to persist in the popular imagination for three-quarters of a century because "he always stands up for what's right."

**Snyder adds.** I think there's always a place and a relevance for that. At the core, I think what's made him appealing over all these years is that he represents the best of us. He might be an alien, but he's the most deeply human character in all of comics."

a tide of excitement this year that's about putting Superman back in the spotlight," Snyder says. "I think even though he's the first and in a lot of ways the greatest superhero, people sometimes take him for granted because he's been there for so long."

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## Felicia Domestic Short Hair

At just under 2 years old, Felicia is laid back with a sweet, demure disposition and lovable, endearing manner. She is curious about people, takes interest in visitors and presents as easy-going, leading us to believe she would settle easily into a new home where she was treated with love and respect. Felicia is a cuddler who likes nothing more than watching the world go by. The only thing missing from her life right now is a person or family to call her very own. If you are looking for a new feline BFF, we recommend taking a close look at Felicia.



For more information on Felicia and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# EXCITING INTERNATIONAL LINEUP

The Royal Nova Scotia International Tattoo has been Nova Scotia's most successful and most stunning annual cultural event for more than three decades. The 2013 version will be no exception. Starting June 30, performers from five countries will take the stage at the Halifax Metro Centre for a spectacular display of music, theatre, heart-stopping acrobatics and military precision.

This year's show will feature performers from as far away as Australia and New Zealand along with Canadian favourites. The Pipes and Drums of Christchurch City, New Zealand, will make its first ever appearance, along with the Canadian Celtic rock group The American Rogues and The Regimental Band and Pipes of the Citadel, The Military College of South Carolina.

The Royal Canadian Mounted Police National Ceremonial Troop has been described as a "musical ride" with the horses, as this is the only drill demonstration team in the world that does a dismounted cavalry lance drill. The troop has performed this unique routine all over the world.

Germany will be well represented as well. Perennial favourites the Hamburg Police Motorcycle Display Team is back. It will be joined by the German Artistic Cycling Team, and the Flying Saxons, who will keep the thrills going with a



CONTRIBUTED

dazzling display of aerial routines, while the Luftwaffenmusikkorps 1 performs its brand of Bavarian-influenced military music.

The OzScot Dancers may be from Australia, but their performance will be one that most Nova Scotians can identify with — a unique blend of traditional Highland dance steps with contemporary movements. And from closer to home, the Langley Ukulele Ensemble of Langley, B.C., will showcase its versatile but under-appreciated instruments.

Featured vocal soloists this year include Brenna Conrad, a classically trained soprano from Truro, N.S., well-known Nova Scotian journalist and performer Liz Rigney, Derrick Paul Miller, a classically trained singer with an immense musical repertoire, and Marcel d'Entremont,

hailed as one of the finest young male vocalists to come out of the Nova Scotian music scene in years.

There will be plenty of local talent as well. The Tattoo Choir and Tattoo Children's Chorus will be back, along with the Tattoo Highland Dancers. The Nova Scotia Irish Dancers will perform as a collective of some of the best Irish dancers in the province. And, as always, the Canadian Forces will be a central part of the show. The Stadacona Band of Maritime Forces Atlantic, the Land Force Atlantic Area Band, the National Band of the Naval Reserve, the Army and RCAF Pipes & Drums, and the Cadets Canada Organization are all slated to perform, along with the ever-popular Naval Gun Race, the Tri-Service Obstacle Race and the 2 RCR Drill Team.

— Jon Tattrie

## TATTOO A MAJOR ECONOMIC EVENT

It's a crowd pleaser and one of the most exciting events in the Royal Nova Scotia International Tattoo. The Naval Gun Race features teams of Canadian military personnel who race to disassemble a massive 1,000-pound field gun, carry it across the length of the Metro Centre over a series of obstacles, then reassemble and fire it. This year will mark the second year for the Gun Race after returning by popular demand last year following a hiatus of several years.

The Royal Nova Scotia International Tattoo has always been making an impact. According to a survey conducted last year, 61 per cent of the 18,000 tourists who were in the Tattoo audience for the 2012 show came to Nova Scotia either specifically for the Tattoo or because they were influenced by the Tattoo to visit the province. While they were here, they spent nearly \$18 million in Nova Scotia.

"The Tattoo is the most significant arts tourism economic generator in Nova Scotia," says Ian Fraser, the show's artistic director.

## FOCUSING ON BATTLES BIG AND SMALL

For six years the Battle of the Atlantic raged off the East Coast of Canada — the longest and one of the most costly battles of the Second World War.

The Battle of the Atlantic touched Halifax profoundly, with thousands of local sailors and merchant mariners taking part. Some of the fighting took place just beyond the submarine nets of Halifax Harbour within earshot of the city.

This year, the Royal Nova Scotia International Tattoo will commemorate the Battle of the Atlantic in honour of those who served. It's the kind of tribute that has become an annual Tattoo tradition.

Over its 34-year history, the show has presented many aspects of Canada's history — paying solemn tribute to peacekeepers and young soldiers in Afghanistan, showcasing the deep history of Canada's Forces, importing the greatest



pomp and precision from armies, navies and police forces around the world. For the thousands who flock to Halifax to the Tattoo every year, it is a multimedia extravaganza — part military precision drill, part theatre-in-the-round drama, part circus with a little rock concert stagecraft thrown in the mix, it's a showcase for hundreds of performers who spend all

year preparing for the event.

The 2013 Tattoo will also pay tribute to another naval battle that affected Halifax — in this case one of the shortest naval battles in maritime history. This year marks the 200th anniversary of the capture of USS Chesapeake by HMS Shannon, a battle sometimes known as the Battle of Boston Harbour, which lasted less than 15 minutes



CONTRIBUTED PHOTOS

on June 1, 1813. The defeated Chesapeake was escorted into Halifax Harbour at the end of the battle. The event symbolized a British naval supremacy that would continue through most of the century.

The Royal Nova Scotia International Tattoo takes place at the Halifax Metro Centre from June 30 to July 7.

— Jon Tattrie

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DISH

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Nigella Lawson ALL IMAGES GETTY

## Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of

the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."



Amanda Bynes

## Bynes not very happy after tourists get snappy

Amanda Bynes really doesn't like getting her picture taken, as a father and son learned this weekend in Atlantic City when they came across the young actress stumbling about carrying armloads of bags in a hotel lobby. Brett Cohen says that things turned ugly when his father, Bobby, snapped a photo of Bynes with his cellphone, according to E! News. "As soon as he took the picture she kind of stopped and said, 'Sir, I need you to delete that. You can't take pictures of me.' She kind

of lunged at him to take his phone," Cohen says. "She is trying to grab his phone from him and he starts walking away from her. She started following him and touching his shoulder trying to get his phone." Eventually security broke them up and Bynes tried to complain, but the Cohens were allowed to remain in the hotel. "I feel bad for her," Brett Cohen adds. "Everyone goes through tough times. I feel bad that it's so public. It's unfortunate."

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a

rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. "They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a--hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwwww."



Angelina Jolie and Brad Pitt

## Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary,

it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."



Kate Middleton

## Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of

Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.



### Twitter



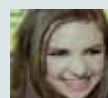
@TheRealRosanne

just experienced my fourth earthquake in six weeks-omg



@RickiLake

I know I'm a little late, but Downton Abbey is soooooo good.



@lenadunham

Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

# THE COMPLETE PACKAGE

## THE CLASS OF 2013

Not available for photo:  
Angad Hundal / Charles Kwak / Anil Malik



**Brooke Alamerew**  
Fearless international student.



**Mahmoud Ahrari**  
DALHOUSIE UNIVERSITY  
Classical violinist performing with youth orchestras.



**Sara Bagheri**  
UNIVERSITY OF TORONTO  
ESL tutor.



**Patrick Morris and John Attenborough**  
ACADIA UNIVERSITY  
Best friends since HGS Primary.



**Alistair Chauhan**  
DALHOUSIE UNIVERSITY

#1 ranked junior tennis player in Nova Scotia.



**Gabrielle Casha**

Full member of ACTRA performers guild.

The Royal (Dick) School of Veterinary Studies, EDINBURGH UNIVERSITY



**Nicole Chater**  
DALHOUSIE UNIVERSITY  
IB Prize



**Paige Conrad**

QUEEN'S UNIVERSITY  
Five Shakespearean play credits as a performer, three as a stage manager. So far.



**Aya El Megharbel**  
Headed to fashion school in Milan by way of DALHOUSIE UNIVERSITY.



Creator of the Food for Thought diabetes fundraiser.

**Ankur Gupta**  
DALHOUSIE UNIVERSITY



**Micah Adrienne Lacson**

Multi-lingual world traveller.

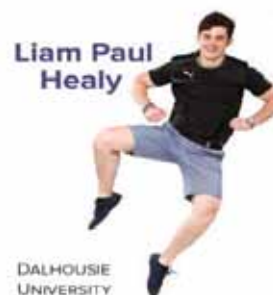
DALHOUSIE UNIVERSITY



**Giselle Hage**

DALHOUSIE UNIVERSITY

IB Renewable Scholarship



**Liam Paul Healy**

DALHOUSIE UNIVERSITY

One of Rugby Nova Scotia's youngest players.



**Kate Hage**

DALHOUSIE UNIVERSITY

IB Renewable Scholarship



**David Morency**

LEHIGH UNIVERSITY

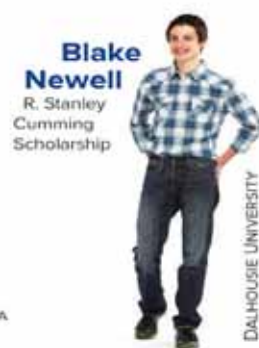
Fluent in Mandarin, after NSLI Study Language Abroad.



**Katie Ross**

IB Renewable Scholarship

Will play varsity basketball and soccer for ACADIA UNIVERSITY.



**Blake Newell**

R. Stanley Cumming Scholarship

DALHOUSIE UNIVERSITY



**JiSu Song**

Scholarship of Excellence



**Jiaxi (Jessie) Zhu**

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IN SCHOLARSHIPS**



**Jessica  
Basta**

Lockward  
renewable  
scholarship



**Oliver Björnsson**

Debating on a  
world stage  
with the  
national  
team.

MCGILL  
UNIVERSITY



**Laura  
Brown-Crowell**  
BISHOP'S UNIVERSITY

Tours with  
*The Young Company*  
pre-professional  
dance company.



**Ian Burke**  
DALHOUSIE  
UNIVERSITY

Amateur  
cartographer.

**Soleil Chahine**  
ACADIA UNIVERSITY

\$127,000 in  
scholarships offered  
by five universities.



**Oliver Falvey**  
HARVARD UNIVERSITY

Our valedictorian  
was accepted to  
four Ivy League  
universities.



**Oluwatosin Fashoranti**  
ROYAL COLLEGE OF SURGEONS, IRELAND

Founder of  
the HGS  
Baking Club.



**Annika  
Gnann**

IB Renewable  
Scholarship

DALHOUSIE  
UNIVERSITY



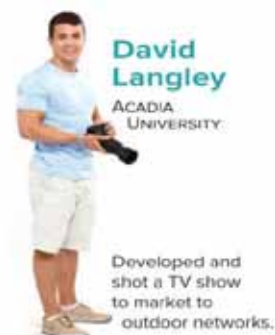
**Jack  
Fraser**

This future art  
star will begin  
the UNIVERSITY  
OF TORONTO'S  
Vic One program  
in September.

**Adelle  
Goodfellow**

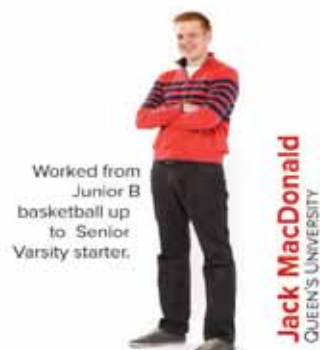


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**David  
Langley**  
ACADIA  
UNIVERSITY

Developed and  
shot a TV show  
to market to  
outdoor networks.



**Jack MacDonald**  
QUEEN'S UNIVERSITY

Worked from  
Junior B  
basketball up  
to Senior  
Varsity starter.

**Rory McParland**



Straight to Major  
League Soccer by way  
of academy team  
New York Red Bulls.

**Jane McLaughlin**  
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HALIFAX GRAMMAR SCHOOL

18

WELLNESS

metronews.ca  
Tuesday, June 18, 2013

## Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS  
life@metronews.ca



### Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

### Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



### Is there anything I absolutely need to take to the beach?

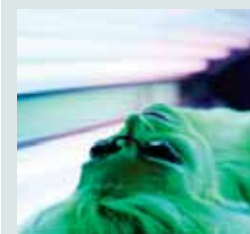
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

### After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



### If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

### Understanding your skin type, by Dr. Nick Lowe

Skin Type 1	Skin Type 2	Skin Type 3	Skin Type 4	Skin Type 5	Skin Type 6
<b>Characteristics:</b> red heads, very fair skin, freckles <b>Burns:</b> always burns, never tans <b>Summer sunburn time:</b> 7 to 10 mins <b>Recommended SPF protection:</b> 50 + UVA	<b>Characteristics:</b> burns easily, minimum tanning, tans very light brown <b>Summer sunburn time:</b> 10 to 20 mins <b>Recommended SPF protection:</b> 30 + UVA	<b>Characteristics:</b> Burns: moderate burns, tans to light brown <b>Summer sunburn time:</b> 20 to 30 mins <b>Recommended SPF protection:</b> 20 + UVA	<b>Characteristics:</b> Burns: minimal burns, tans well <b>Summer sunburn time:</b> 60 mins <b>Recommended SPF protection:</b> 15 + UVA	<b>Characteristics:</b> Burns: rarely burns, tans to dark skin <b>Summer sunburn time:</b> 90 mins <b>Recommended SPF protection:</b> 15 + UVA	<b>Characteristics:</b> Burns: rarely burns, already deeply dark <b>Summer sunburn time:</b> 120 mins <b>Recommended SPF protection:</b> 15 + UVA

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## Best Health

## Give Nordic walking a chance



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.**

# Hey! I want my zinc back

**Health.** Taking the pill? It might be leaching nutrients from your body

**LINDA CLARKE**  
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

## More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

# How to feel good naked

**Health.** The author of *WomanCode* turns your body into a "power source" with these tips

**MEREDITH ENGEL**  
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of *WomanCode*, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

## AVOID

**SOY:** More specifically, soy protein isolate. It's packed full

of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

**COW'S MILK:** It contains casein, a protein that can make

## Small quantities only



## Avoid



it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy

## Load up on



## Load up on



and sesame seeds are good alternatives to dairy.

**WHEAT:** Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.



## Load up on

## LOAD UP ON

**GREEN JUICE:** The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

**EGGS:** Help the body make progesterone, the hormone that opposes estrogen and

keeps you balanced in terms of your mood.

**AVOCADO:** The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EPA's help keep them stable and functioning properly.

**SPINACH and KALE:** The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.



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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



**NUTRI-BITES**  
Theresa Albert  
DHN, RNC  
myfriendinfood.com

# 3 healthy meals for kids 12 and up

## Almond chicken with Arroz Verde

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

### Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

teaspoons jarred minced garlic)

- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.



Teach your tween or teen to cook healthy. ISTOCK



## Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner rolls

- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.

## Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander

in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.



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## Health Solutions

## Bean there, vanilla



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying

the pods over the "extract"? The extract contains the essence of the bean that has been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Put the lime in the coconut for a no-bake Island Lime Pie

**1. Crust:** In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

**2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.**

**3. Avocado Mousse:** In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

**4. Frosting:** In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While



This recipe serves 12. THE CANADIAN PRESS H/O

blender is running, incorporate melted coconut oil.

**5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chop-**

**stick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut.**

THE CANADIAN PRESS/ RAWESSENCE BY

## Ingredients

## Coco-Macadamia Crust

- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

## Avocado Mousse

- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

## Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

DAVID COTE AND MATHIEU GALLANT  
(ROBERT ROSE, 2013)

## Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

## Snack. Grilled Lattice-Topped Apples

**1. Heat grill to 190 C (375 F).**

ing into hollowed-out apples.

**2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.**

**3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon fill-**

**4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.**

**5. Place apples in heavy pan that can go on grill. Pour apple juice into pan around base of apples. Place pan on grill. Close grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.**

**6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce. THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELENBERG ET AL (HERALD PRESS, 2013)**

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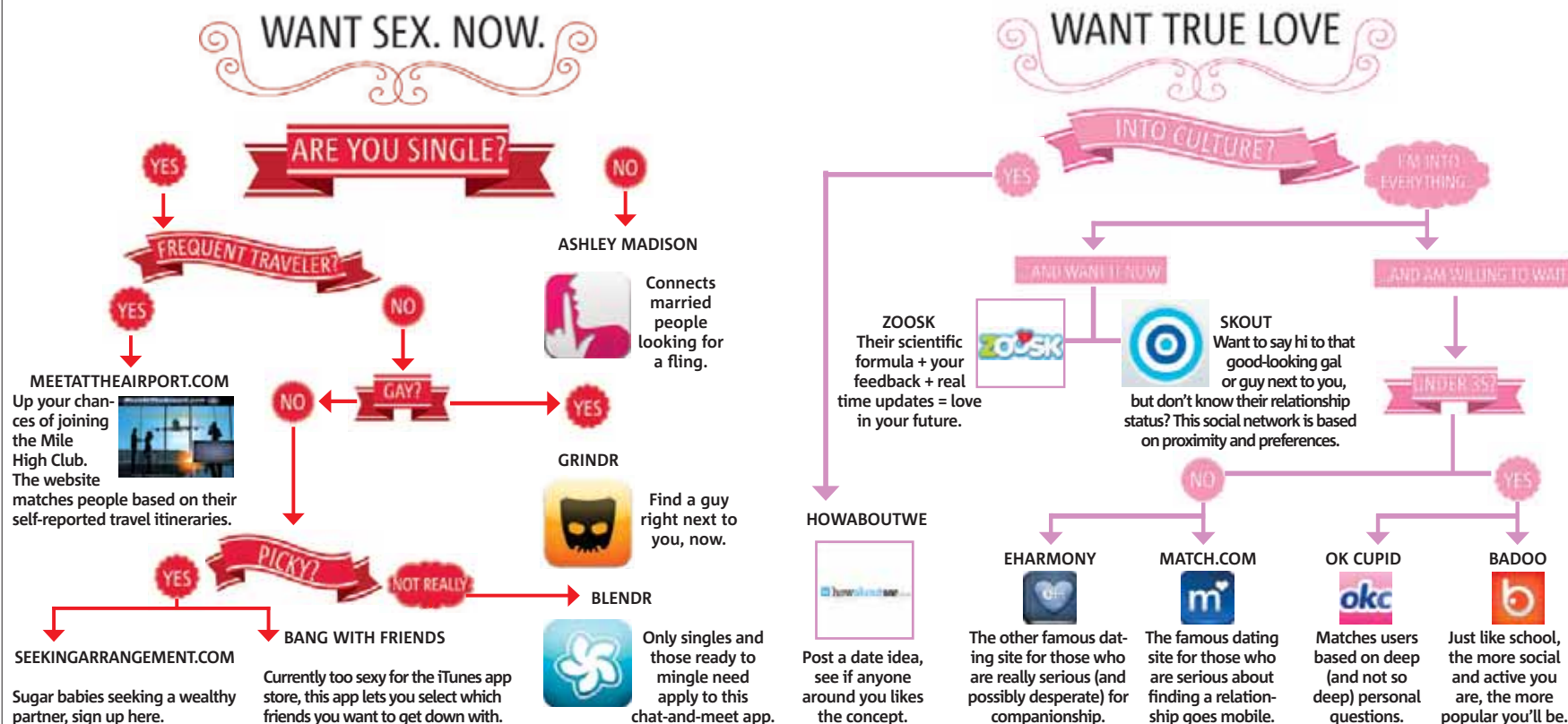
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## SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS



Dads want to protect their daughters in life. One dad's open letter has gone viral. ISTOCK IMAGES

# The doctor is in, and he's worried about his little girl's love life

MARY ANN  
GEORGANTOPOULOS  
Metro World News

Every dad wants to protect his little girl and help her through life.

Dr. Flanagan — no first name was given — wrote a heartwarming letter to his daughter to let her know she deserves a good man in her life.

The letter was first posted on The Good Men Project, a site set up to "have a conversation about what it means to be a good man."

"I dedicated this post to my daughter ... but I also wrote it for my wife, who has courageously held on to her sense of worth and has always held me accountable to being that kind of 'boy,'" he wrote. "I wrote it for every grown woman

I have met inside and outside of my therapy office — the women who have never known this voice of a Daddy."

After searching a question on Google, Dr. Flanagan found a commonly asked question on "how to keep him interested." This didn't sit well with Dr. Flanagan, who believes a woman should not work to keep a man interested in her.

"Little One, it is not, has never been, and never will be your job to 'keep him interested,'" he wrote.

"Little One, your only task is to know deeply in your soul — in that unshakeable place that isn't rattled by rejection and loss and ego — that you are worthy of interest. (If you can remember that everyone else is worthy of inter-

est also, the battle of your life will be mostly won. But that is a letter for another

day.)" **YOU CAN READ THE FULL LETTER AT GOODMENPROJECT.COM**

# MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

## HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

## HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

— *TripsWithPets.com*

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The typical bankrupt Canadian is a 43-year-old man owing \$61K above and beyond a mortgage. ISTOCK IMAGES

# Male, middle-aged and bankrupt?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, [fortheLoveofMoney.ca](http://fortheLoveofMoney.ca).

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions ([creditcanada.com](http://creditcanada.com)), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



## Where there's a will there's a way — to rest easy

Writing a will is one of those responsibilities many people put off. But the fact is, nobody should be without a will.

A will gives you the unique opportunity to exercise your rights and to decide where your assets will go. With a will, nothing is left open to misinterpretation and your wishes will be respected.

If there is no will, your estate will be distributed according to the laws of the province where you live. These laws are inflexible and may not take into consideration the care of people or organizations you wish to remember. They don't make exceptions and property is distributed according to an all-purpose

plan. They may deplete your estate unnecessarily, for example, requiring that a court-appointed administrator be bonded.

The laws also "fly blind" trying to guess your desires concerning who should be your administrator, or who should be guardian of your children if they are minors.

They also cannot make charitable bequests or gifts to causes like cancer research or Amnesty International, which you supported in your lifetime. Only a personal will can do that.

Here are the answers to some commonly asked questions:

**Don't only wealthy people need wills?**

Actually, the smaller the estate, the more important it is that it be settled quickly to avoid additional expense. This can only happen with a properly written will.

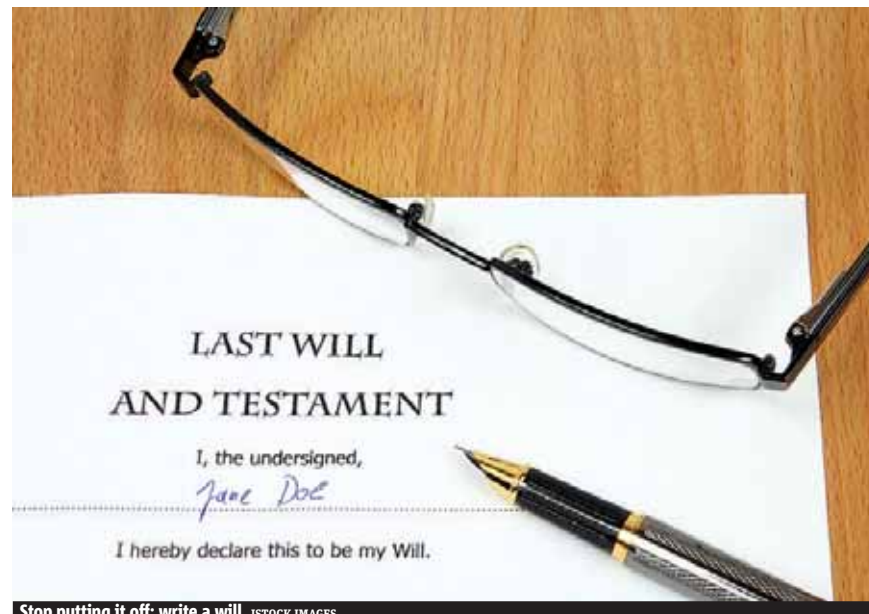
**Don't only people with troublesome relatives need wills?**

Even family members with the best intentions may be puzzled and confused as to what your wishes may have been in the absence of a will.

**Isn't it expensive to have a will prepared?**

Wills are usually less costly than people expect and can help avoid the emotional and financial costs of not having a proper will.

NEWS CANADA



Stop putting it off: write a will. ISTOCK IMAGES

### Lawyer time

Lawyers charge for their time and knowledge, so it is important to be prepared. Here are three simple steps you can take to save money:

- Make a list of all your property, including real estate, bonds, savings accounts, RRSPs, jewelry, family heirlooms and works of art — everything.

- List the people you want to provide for, along with their ages, addresses and their relationship to you.
- Name your executor and alternative executor (preferably both younger than yourself), and suggest a guardian for your children if they are minors.

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#### Mooseheads schedule

### Championship defence begins vs. Wildcats

The Halifax Mooseheads now know when their championship banners will be raised to the rafters at the Halifax Metro Centre.

The QMJHL released its 2013-14 regular-season schedule Monday, and Halifax will kick the year off at home against the Moncton Wildcats on Thursday, Sept. 12 at 7 p.m.

Halifax is coming off its best season in franchise history, winning both the QMJHL title and then the Memorial Cup for the first time.

It's tradition for the QMJHL champion to kick off the new regular season.

"It will be exciting. It will be a fun night," said Mooseheads general manager Cam Russell. "We're looking forward to raising the banners."

The night after its home opener Halifax plays its first road game of the season against the newly named Charlottetown Islanders.

Another notable game is Sept. 28 at the Metro Centre, when Halifax hosts the Baie-Comeau Drakkar in a rematch of the QMJHL final, which the Mooseheads won in five games.

The 68-game schedule is again heavy on interdivisional games. Halifax will play the Wildcats, Islanders, Cape Breton Screaming Eagles and Bathurst Titan nine times each and will face the Saint John Sea Dogs eight times.

PHILIP CROUCHER/METRO



Zach Fucile with the QMJHL President Cup JEFF HARPER/METRO



Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final in Boston. HARRY HOW/GETTY IMAGES

# Paille helps Boston cream Blackhawks

## Stanley Cup final.

Game 2's overtime hero comes through again by scoring a goal and drawing a key penalty

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value

### Game 3

2

Bruins

0

Blackhawks

for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of difficulty to his litany of pre-game

fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

History has Boston at the front of the NHL championship bus now. Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times since the best-of-seven format began in 1939.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio accounted for both Boston

goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston.

Hawks co-scoring leader Marian Hossa was a late scratch, replaced by Ben Smith after being injured in the warm-up. THE CANADIAN PRESS

## NHL. Marchand mostly keeping his cool

Brad Marchand is known in Boston as the "Little Ball of Hate," a nickname that captures his stature and his tendency to get on the nerves of opposing players.

An offensive threat who led the Bruins in scoring in the regular season, the Hammonds Plains native entered Monday night's Game 3 of the Stanley

Cup final tied for the team lead in penalty minutes.

Until a fight at the end of Boston's 2-0 Game 3 win, Marchand had yet to spend any time in the box in the cup final.

"I haven't really tried to do a whole lot," he said. "I'm just trying to play the game."

Marchand was asked after Monday morning's skate what

the difference is between a dirty player and one who is just tough.

"When you're getting suspensions and stuff like that, that's playing dirty," he said. "You play hard, a lot of things happen in a game. But I don't think anybody is out there trying to injure guys."

THE ASSOCIATED PRESS



Hammonds Plains' Brad Marchand fights Chicago's Andrew Shaw in Game 3 of the Stanley Cup final on Monday night in Boston. JARED WICKERHAM/GETTY IMAGES

## Second chance



**“Nothing is guaranteed when you really look at it. I just need to know that I tried.”**

Women's soccer star Kara Lang. The Oakville, Ont., native, whose injured knees forced her to retire, said she's been overwhelmed by the support she's received regarding her comeback.

## Backside backtrack

## Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.



**Chad Johnson**  
THE ASSOCIATED PRESS

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS

## MLB

## AMERICAN LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Boston	42	29	.592	—
Baltimore	40	31	.563	2
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	33	36	.478	8

## CENTRAL DIVISION

	W	L	Pct	GB
Detroit	39	29	.574	—
Kansas City	34	34	.500	5
Cleveland	34	35	.493	5½
Minnesota	30	36	.455	8
Chicago	29	38	.433	9½

## WEST DIVISION

	W	L	Pct	GB
Oakland	42	30	.583	—
Texas	39	31	.557	2
Seattle	31	39	.443	10
Los Angeles	30	39	.435	10½
Houston	26	45	.366	15½

## Monday's results

Toronto 2 Colorado 0  
Kansas City 2 Cleveland 1  
Texas 8 Oakland 7  
Chicago White Sox 4 Houston 2  
Detroit 5 Baltimore 1  
Seattle at L.A. Angels

## All times Eastern

## Tuesday's games

Tampa Bay (Archer 1-2) at Boston (Aceves 3-1), 1:05 p.m.  
L.A. Dodgers (Ryu 6-2) at N.Y. Yankees (Hughes 3-5), 7:05 p.m.  
Kansas City (Santana 5-5) at Cleveland (Jimenez 5-4), 7:05 p.m.  
Colorado (Francis 2-4) at Toronto (Rogers 2-2), 7:07 p.m.  
Baltimore (Britton 0-1) at Detroit (Verlander 8-4), 7:08 p.m.  
Tampa Bay (Odorizzi 0-0) at Boston (Doubont 4-3), 7:10 p.m.  
Oakland (Parker 5-6) at Texas (Darvish 7-2), 8:05 p.m.  
Milwaukee (Figaro 1-0) at Houston (Lyles 3-1), 8:10 p.m.  
Chicago White Sox (Axelrod 3-4) at Minnesota (Pelfrey 3-6), 8:10 p.m.  
Seattle (Bonderman 1-1) at L.A. Angels (Blanton 1-10), 10:05 p.m.

## NATIONAL LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Atlanta	41	28	.594	—
Washington	34	35	.493	7
Philadelphia	34	37	.479	8
New York	25	39	.391	13½
Miami	21	47	.309	19½

## CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	44	25	.638	—
Cincinnati	43	28	.606	2
Pittsburgh	41	29	.586	3½
Chicago	28	39	.418	15
Milwaukee	28	40	.412	15½

## WEST DIVISION

	W	L	Pct	GB
Arizona	37	32	.536	—
Colorado	37	34	.521	1
San Francisco	35	33	.515	1½
San Diego	35	34	.507	2
Los Angeles	29	39	.426	7½

## Monday's results

Cincinnati 4 Pittsburgh 1  
St. Louis 5 Chicago Cubs 2  
Philadelphia 5 Washington 4  
N.Y. Mets at Atlanta  
Miami at Arizona  
San Diego at San Francisco

## Tuesday's games

All times Eastern  
N.Y. Mets (Harvey 5-1) at Atlanta (Wood 0-0), 1:10 p.m.  
Washington (Detwiler 2-4) at Philadelphia (Lee 8-2), 7:05 p.m.  
Pittsburgh (Morton 0-1) at Cincinnati (Latos 6-0), 7:10 p.m.  
N.Y. Mets (Wheeler 0-0) at Atlanta (Maholm 7-5), 7:10 p.m.  
Chicago Cubs (Samardzija 3-7) at St. Louis (Wainwright 10-3), 8:15 p.m.  
Miami (Eovaldi 0-0) at Arizona (Delgado 0-0), 9:40 p.m.  
San Diego (Cashner 5-3) at San Francisco (Cain 5-3), 10:15 p.m.

## NHL PLAYOFFS

## STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

## CHICAGO (1) VS. BOSTON (4)

(Boston leads 2-1)

## Monday's result

Boston 2 Chicago 0

## Wednesday's game

Chicago at Boston, 8 p.m.

## Saturday's game

Boston at Chicago, 8 p.m.

## Monday, June 24

x-Chicago at Boston, 8 p.m.

x — if necessary.

## BRUINS 2, BLACKHAWKS 0

First Period — No Scoring

Penalties — Daugavins Bos (roughing) 9:57, Thornton Bos (roughing) 14:15.

## Second Period

1. Boston, Paille 4 (Kelly, Seguin) 2:13  
2. Boston, Bergeron 7 (Jagr, Chara) 14:05 (pp)

Penalties — Bolland Chi (cross-checking)

12:00, Hjalmarsson Chi (tripping) 13:50,

Bolland Chi (tripping) 19:00.

## Third Period — No Scoring

Penalties — McQuaid Bos (tripping) 7:56, Bolland Chi (tripping) 13:55, Krejci Bos (hooking) 15:55, Bickell Chi (roughing),

Shaw Chi (fighting, major), Chara Bos (roughing, double minor), Marchand Bos (fighting, major) 19:48.

## Shots on goal

Chicago 10 8 10 —28  
Boston 11 15 9 —35

Goal — Chicago: Crawford (L,13-7-0); Bos-

ton: Rask (W,14-5-0). Power plays (goals-

chances) — Chicago: 0-5; Boston: 1-4.

Attendance — 17,565 (17,565) at Boston.

## NBA PLAYOFFS

## FINAL

(Best-of-7 series; All times Eastern)

## MIAMI (1) VS. SAN ANTONIO (2)

(San Antonio leads 3-2)

## Sunday's result

San Antonio 114 Miami 104

## Tuesday's game

San Antonio at Miami, 6 p.m.



The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor.

ERIC GAY/THE ASSOCIATED PRESS

# From champs to chokers?

**NBA Finals.** LeBron's legacy on the line as Heat try to stop Spurs from winning title in South Beach

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then: thud.

James had six turnovers in Game 6, the Heat were out-

## Big game James

## 31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

scored by 24 with him on the floor and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone

else end the season with a party on its own floor.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it."

THE ASSOCIATED PRESS

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## MLB. Jays tap the Rockies for sixth straight win

Maicer Izturis drove in the game's only runs with an RBI single and Josh Johnson pitched seven strong innings Monday as the Toronto Blue Jays pushed their win streak to six games with a 2-0 interleague victory over the Colorado Rockies.

It's Toronto's first six-game win streak since May 2011 and moves the club (33-36) to three games below .500 for the first time since April 21.

The streaking Blue Jays, who have won nine of 11, are coming off a 5-1 road trip that

## On Monday

## 2

Blue Jays

## 0

Rockies

included the club's first-ever four-game sweep at Texas against the Rangers.

Despite pitching a gem, Johnson earned the no-decision and is still winless in eight starts for the Blue Jays.

He gave up five hits while striking out 10 and walking two in 7 1/3 innings. Johnson, who last pitched June 9 in a 6-4 home loss to Texas, had his latest start pushed back twice due to a finger blister.

Jorge De La Rosa pitched seven innings of one-hit ball while striking out four and walking three for the Rockies (37-34), which kicked off a tough nine-game, 10-day road trip that also includes stops in Washington and Boston.

Casey Janssen sealed the win with his 15th save in the ninth. THE CANADIAN PRESS



Josh Johnson pitched 7 1/3 scoreless innings for the Jays Monday.

THE CANADIAN PRESS

## Horoscopes

### ♈ Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

### ♉ Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

### ♊ Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

### ♋ Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

### ♌ Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

### ♍ Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

### ♎ Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

### ♏ Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

### ♑ Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

### ♒ Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

### ♓ Pisces

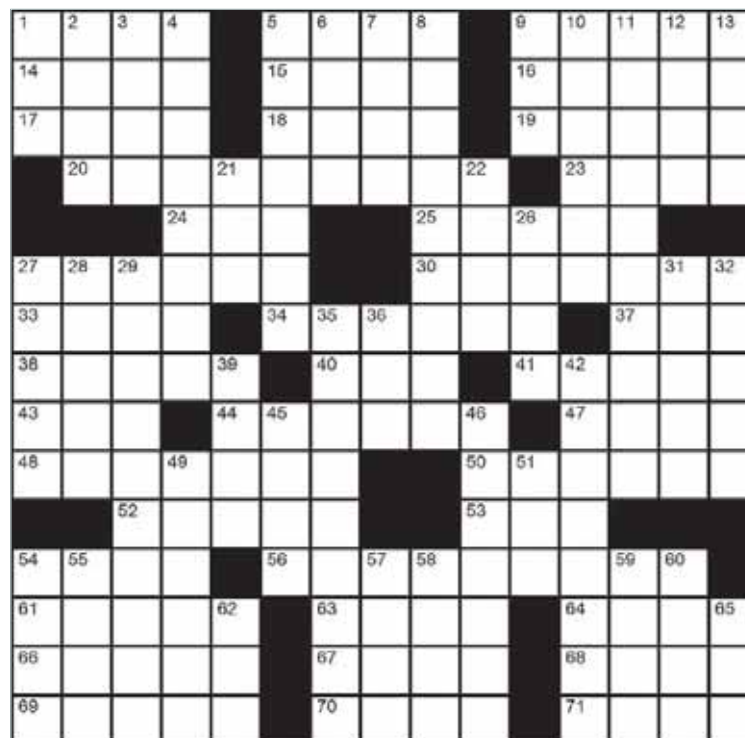
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Premier of Saskatchewan, Brad \_\_\_\_
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact \_\_\_\_ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '\_\_\_\_' Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, \_\_\_\_" (2001)
54. Component, as of a process
56. Some office



devices

61. Gangly

63. Pack \_\_\_\_ (Get ready to vacation)

64. Lindsay Lohan's mom

66. Mr. Shaw (Famed clarinetist)

67. Rock's \_\_\_\_ Straits

68. Surrounded by

69. "Hey! That \_\_\_\_ funny."

70. Sporty TV network

71. Units of a gym user's sety

### Down

1. Like some humour

2. Detective's sound effects

3. Loaned

4. Thunder Bay university

5. Anne of Green Gables setting

6. Action word

7. Madonna hit: "La \_\_\_\_ Bonita"

8. St. John's-born singer Kim

9. Particular pronoun

10. Opera legend Maria

11. '\_\_\_\_ and alive' ...how Joni Mitchell felt in "Free Man in Paris"

12. Bump off: 2 wds.

13. Breaks a Commandment

21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, \_\_\_\_ Choice
31. France's longest river
32. Belgian painter, James \_\_\_\_
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western \_\_\_\_
45. Ins and \_\_\_\_
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

21°/11°

Thundershowers

60%

**Wednesday**

19°/11°

Partly cloudy

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